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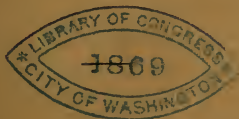
MEDICAL ADVISER

AND

GUIDE TO HEALTH,

&c. &c.

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PRINTED FOR AND PUBLISHED BY THE AUTHOR, WHO
MAY BE CONSULTED DAILY AT HIS OFFICE,
No. 48 HOWARD STREET,
BOSTON, MASS.

1869.



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THE
Gentleman's Medical Adviser,
AND
SURE GUIDE TO HEALTH
AND
LONG LIFE.

DESIGNED TO ILLUSTRATE THE AUTHOR'S

NEW SYSTEM
OF
BOTANICAL PRACTICE

IN THE CURE OF ALL DISEASES INCIDENT TO EXPOSURE,
EARLY INDISCRETIONS, ETC.

BY FREDERIC MORRILL, M.D.



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THE GENTLEMAN'S MEDICAL ADVISER.

PART FIRST.

MANY years ago, when I first entered upon my professional career, in the city of Boston, as a new and comparatively unknown candidate for distinction and success, I found time to compile several medical treatises bearing upon a certain class of diseases always greatly prevalent in our large cities. These works, the fruits of careful study and investigation, contrary to any expectations which I had dared to form, became at once exceedingly popular, and edition after edition was rapidly exhausted. Whilst they served in part to give publicity to my name, as one particularly devoted to the treatment of diseases arising from imprudence and exposure, and all other complaints of the genital organs, the extensive range of study and examination of au-

thorities and cases necessary to prepare me to discuss the subject properly and intelligibly, almost unconsciously to myself, created that interest in my mind as to induce me to select that branch of medical science as a specialty, and to make it the leading object of my future investigations. Finding myself thus theoretically and practically prepared to combat these dread enemies of man's pleasure and comforts, as well, perhaps, as any one of my age, I determined to break away from those restraints which a false notion of dignified professional propriety had imposed, and at the risk of ostracism from the brotherhood, and to be classed with those who are considered as interlopers, I resolved to advertise my abilities and to make myself useful in a sphere wherein I felt satisfied that I could successfully compete with any of my brethren. The consequence has been that, instead of a limited and precarious practice, extending only to a few personal friends, I have, each succeeding year, seen added to my list of patients persons from every section of the country, as well as from the adjoining British Provinces and foreign lands. Completely absorbed in the cares and duties imposed upon me by this increase of patronage, I have not been able

to revise and republish those works to which, I believe, I am in a great degree indebted for my early success in obtaining so large and remunerative a practice as I now enjoy.

These thirty years of close application to my profession have yielded an experience which, added to theoretical attainments, acquired when professional calls did not press so heavily upon me, have, I believe, fully qualified me now to yield to the repeated solicitations of my friends and patrons, to prepare, for their use, a manual which shall serve them as a guide in those cases of accident and exposure to which all are liable, whatever may have been their training and culture, or however strong their sense of moral and religious obligations, to avoid temptation and excess, in whatever shape it may assail them.

Amidst all of the vast catalogue of diseases which afflict the human race, there are none which reach so many, and sting so sharply, as those denominated "sexual." From the strippling, hardly arrived at the age of puberty, up to the hoary-headed patriarch of three score years and ten, we find that none are exempt. Even the infant, before it has been expelled from the

body of its mother, is too frequently tainted, its blood corrupted, and its fair form mutilated by a disease communicated to it by its erring parents. Did this great social evil limit its effects merely to a temporary disability of its immediate victims, and were it apparent only in the hospitals and doctor's apartments, where it seeks to assuage its pains and find a cure for the evils arising from it, though severe and often revolting, its consequences would be slight in comparison with what they really are. Were such diseases merely local in their character, the actual cautery, and the dissecting knife, might be relied upon for their extirpation; but, unhappily, this is not so. When once the infection has gained a foothold upon the human system, it is not merely those parts most immediately exposed and affected, but, like a fiery devil, it pervades every part of the bodily organization. It seizes upon the blood, the very life of man, and along its currents it carries the infection through every vein and tissue; and coursing its way through the spinal column it seizes upon the citadel of man's power, the brain, and if unchecked and unsubdued, paralyzes and enfeebles the organs of thought as well as action. When the evidences of

such destruction are daily presented to our view, can the physician overestimate the importance of the mission to which he is called, and can he, if possessed of a spark of manly feeling, shrink, through a false estimate of professional pride, to give to such cases the very best efforts of his professional skill? Human health and life are equally dear to all. The wealthy merchant, the venerable clergyman,—the centre and delight of a highly cultivated and fashionable congregation,—the millionaire, reclining at his ease in his sumptuous “stone front,” may, and do, from their position and power of their wealth, command the attendance and exercise of the best skill the country can produce; and the petted favorite of such exalted patronage is looked up to as particularly fortunate, and eminence is awarded to him, simply because Cræsus and Dives head the list of his patrons. The equally, and frequently more skilful physician, who, with a strong and manly heart, and firm hand, nerves himself to a daily and hourly contest with disease, the result of libidinous desires and unholy passions, is looked upon too frequently with scorn, and treated as an empiric because he advertises to the world his ability and willingness to treat those cases which his

more delicate and sensitive brethren regard with contempt. For myself, I am ready to alleviate human misery and distress wherever it may be found, and in whatever form it may present itself. I have seen as much sincere goodness, as much downright honesty, elevated and high-toned principle and friendship in the unhappy victims of venereal and syphilitic diseases, as in any people I have had to deal with.

For the rescue of the miserable victims of intemperance laws are enacted, which have engrossed the time and attention of legislators, session after session; bodies of executive officers, costly to be maintained, are organized and set in motion; retreats and asylums are established, and whole communities and states are convulsed, from center to circumference, with the exciting questions of prohibition or non-prohibition, license or no license, and the advocates of temperance are canonized as the apostles of all good. Yet a social evil of far greater magnitude than any caused by mere intemperance in the use of alcoholic and stimulating drinks, stalks abroad in our midst at noon-day, at eventide, and in the still watches of the night, selecting its victims from the young, the beautiful, and the

lovely. The heart of society is cankered at its core, and he who devotes himself to assuage, eradicate, and stay this great evil, is denounced as a quack, or perhaps shunned as an ignorant pretender. For one I am willing to bear the imputation, so long as I know that I am benefiting my fellow men. Thirty years of professional intercourse and dealing with this unfortunate class of patients, have taught me lessons which neither books nor the more learned of my fellow men could furnish; and the best tribute of thanks which I can render them now, is that whilst in the full meridian of life, with faculties ripened and matured, and in the enjoyment of a full and lucrative business, I devote the leisure hours that may be afforded me in furnishing to them and all others who may be interested in the subject, such advice, counsels, and directions, as will enable them to avoid those dangerous strands and breakers upon which so many have suffered shipwreck.

By this I do not wish to have it understood that I design to furnish such a book as will enable any one to "doctor himself." Very far from it. Of all the mischiefs resulting from any of the diseases incident to early imprudence,

excessive indulgence, or unclean sexual intercourse, not the least are those consequent upon the application of supposed remedies unadvised by a competent physician. There can hardly occur any degree of infection, however slight, but at once demands the inspection and the treatment of one able at a glance to see the extent of the danger, and restrain its further ravages. Men are crippled, their features and limbs distorted for life, simply because of some self-application of corrosive and dangerous mineral preparations by those who have become infected; and who, in the first moments of alarm, have, with the view to a concealment of their condition, resorted to these poisonous and deadly drugs for relief. Cases which, even if let alone to pursue the work of destruction unmolested, could not have assumed more dangerous or disgusting forms, have, by a dangerous and unwise meddling with, been driven into the system, distributing the virus to every vital part, until, from what was at first a mild attack in its simplest form, the victim is now enveloped in a flame from which he can be rescued only by the boldest and most courageous efforts.

Neither is it my intention to pander to a

prurient and debased curiosity and appetite, which seeks gratification in the perusal of books devoted to subjects ordinarily supposed to come within the range of the physician's or midwife's care and attention exclusively. My design will be simply to point out the various disorders and complaints incident to youth and manhood, through an abuse, over-indulgence, or unguarded indulgence of the generative organs. To do this I do not deem it at all necessary that I shall enter into all the minutiae of their anatomical structure, nor into a pathological description and inquiry as to the origin and character of the diseases themselves. I am not writing for doctors nor learned professors of physiological and pathological science, but for those who, unlearned and unskilled in all these matters, are, after once satisfied that help is requisite in their cases, to be restored to health, if at all, by the counsels and guidance of another, and that, the physician of their choice.

Setting aside for the present all allusions to hereditary taint and disease, and addressing myself only to those presumed to have received from their parents at least an ordinarily healthy and strong constitution, I believe I do not err

in the opinion that, not one in fifty have escaped the influence of evil example, or, through such faultless physical training as not to have frequently indulged in, if not become addicted to, the habit of masturbation. I make use of this term because I believe it to be generally understood by the most artless and inexperienced. The artificial forms of living, the universal use of stimulating food and drinks, the intimate and unguarded association of the sexes in all the various forms of social and fashionable life have been, and are such as to lead to a premature development of the virile passions and desires which, implanted in our natures for the sole purposes of procreation and the perpetuation of the human species, have, under this unnatural and premature stimulus, suggested the artificial and ready means of relief in self-pollution and abuse. Whilst the boy has been tenderly and carefully trained in everything else necessary to the full and useful development of all his faculties, by a fatal mistake, arising through ignorance on the part of parents and guardians, this great evil has been ignored, and left to pursue its deadly ravages unchecked. Physiology and the laws of life, the very uses of the organs

of procreation, other than for purposes of bodily evacuation, have been studiously concealed from our youth, and they have been left to acquire from associates and evil example a knowledge of vices and habits which, before they are aware of it, and long ere their natural guardians have any suspicions of it, have laid the foundation of a train of evils and diseases which, if unchecked, will inevitably lead to early decay and death. How many of these victims have I known whose broken down constitutions, indicated by the faltering gait, the vacant stare, and almost idiotic countenance, are pointed out as objects of commiseration because of a supposed too close application to study and an overtasked brain, and the cause of their failure in life attributed to anything but the true one. I do not now remember that out of the thousands of cases in which I have been consulted, and where this vice has been the chief, and perhaps the only cause of disease and trouble, but it has turned out in the course of my examination that this habit has been indulged in innocently, and from an entire ignorance of its deadly and fearful consequences. "Had I have known, had I have been forewarned, what a world of

misery and wretchedness I should have escaped," has been the invariable exclamation of those from whom I have "wormed out," as it were, the secret history of their past habits and indulgences. My reader, let me put the question to you. It is not necessary that I should put you under a rigid examination and extort from you, by an artful system of professional inquiry, whether you are faultless in this respect. It is not necessary that I should inquire of you whether the weakness in the back, the pains in side and breast, the troubled sleep, the lascivious dreams, the fading and disordered vision, and the wavering mind, the disinclination to society and gradual failure of all manly power of which you complain, are attributable to this vice or not. YOU KNOW. Memory and reason have not yet become unseated, and the past is open before you; and you may trace, as in an open book, the records of those early indulgences and youthful indiscretions which have, step by step, conducted you to the precipice upon which you now stand. It is to you these pages are addressed. You have long felt that you were on untenable ground, and that everything before you was dark and dreary as the grave to which

you looked forward as a last and almost welcome refuge from the pains and miseries of life. Were the consequences limited only to yourself, the pangs of remorse, as well as the pains arising from your numerous ills, might be patiently, even if hopelessly borne; but if, as is most likely to be the case, there is another interested in your happiness, or what is equally as unfortunate, whose happiness is dependent upon your fulfilment of plighted vows for reciprocated affection, how wretched is your lot. By your own hands you have placed a barrier between yourself and the accomplishment of your brightest earthly hopes. You know yourself unequal to the performance of all the duties of manhood in the interesting relation to which you have pledged yourself, and you shrink back appalled at the very idea of exposing your impotency and lack of ability honorably to complete the engagement you have contracted. Evasion, despair, dishonor, suicide and death are by turns contemplated, until, in the horrible conflict, the body becomes a weary burden, and reason no longer guides you by its dictates. You struggle on like the blind man in the morass, and your every effort at escape only

sinks you deeper and deeper into the slough in which you are engulfed. Young man, this is no fancy sketch. It is the secret history of thousands and tens of thousands, and among whom you are perhaps numbered. If this is so, then it is time, and more than time, that you availed yourself of the helps which medical science holds out to rescue you from the impending destruction of your mental and physical faculties, and to restore you to yourself, to your friends, and to society, a renovated, sound, and saved human being.

I think it not needful for me to go through all the details of the steps through which you were gradually initiated into all the mysteries of unlawful pleasures, nor the symptoms of those diseases which too surely are the ever-ready attendants upon their votaries. I would not entirely suppress the ardors of youth by ascetic rules nor monastic vows. I understand human nature, and take it as I find it, and hence I have a large charity for those who, impelled by irresistible desire and strong temptation, are led into danger. But I do most earnestly wish to benefit them, nevertheless.

My desire to make myself thoroughly under-

stood and not commit myself to the charge of indelicacy and the use of language which might exclude this treatise from unconcealed and open perusal, renders it somewhat difficult for me to express myself upon all those interesting topics embraced within the scope of the investigations upon which we are now engaged. I have called your attention to the great vice of solitary indulgence, and have incidentally referred to it as resulting in creating impediments to marriage, dangerous to health, and difficult to be surmounted. I must go further, and instruct you that, however great and serious these obstacles are, that if they are properly attacked before they culminate in entire impotency and imbecility, there are remedies lately discovered by myself which, in connection with proper diet and regimen, the powers of the body thus prematurely weakened and dormant may be restored to their former activity and strength; and that, too, without resorting to any of those offensive mechanical means and appliances which formerly were so much relied upon. Neither am I an advocate of constant drugging, and the administration of stimulating cordials, to effect this object. I had tried all the usual and well

known remedies hitherto regarded as infallible and specific in their re-invigoration of prematurely-exhausted manhood, and was pained to find that with them, as with almost all tonics and stimulating preparations which have a direct tendency to, and action upon those parts supposed the most to need their immediate application and restoring qualities, the reaction was too violent, and that their repeated use gradually undermined the very foundation of power, until finally there was nothing left to animate and excite. During many years of my practice I had this difficulty to contend with. The medicinal virtues of every vegetable substance, embracing roots, barks, flowers, and berries, were carefully investigated and ascertained, and whilst they yielded many most valuable additions to my stock of remedies and to our national pharmacopœa, none of them came up to my wishes in imparting, without the subsequent reaction, those restoring and strengthening powers so desirable to be secured, and without which no amount of care, careful nursing, diet, with all the adjuncts of well-timed and regulated hours for sleep, exercise, and recreation, seemed to be available. Not content with

ransacking the whole botanical kingdom of this country I expended thousands of dollars, in pushing my investigations to other and more distant climes, until at length my persistence and perseverance were rewarded in the discovery of what I had so long sought,—a purely vegetable preparation of surpassing curative and tonic properties, as healthful, soothing, and beneficial in its operations upon the mind and nervous system as it is almost magically efficacious in its healing powers when administered as a remedy in the cases to which I have just alluded. Alone, or its judicious mixture with other well known remedies, enabling it to produce its effects just in proportion to the nature and tenacity of the disease, has satisfied me that, in it the great desideratum in accomplishing a perfect cure of almost all the infirmities arising from the indulgence of solitary vice, as well as all nervous, sexual, and cutaneous diseases, has been at last discovered. For many years, at great expense, I have laid in my supplies of this invaluable product of nature; and although I have resorted to its use in thousands of cases where the genito-urinal organs were affected, or where, through them, other parts of the system,

or the general health of the body has suffered, I have rarely failed to find it accomplish all, and even more, than I had hoped for; and here let me remark, that in a general way I am no advocate for, nor do I countenance the use of, strange and unfamiliar remedies. Neither do I deal in or use such. But the fruits of my own researches and discoveries in the botanical kingdom, which is alike free to all, I must be allowed to enjoy. If I have, prompted by a greater zeal, and animated by a stronger desire for success and professional distinction, and by the expenditure of much valuable time and large sums of money, secured a valuable adjunct in the cure of disease, I feel no compunctions whatever in retaining in my own hands, during my life time, the exclusive use and emoluments arising from my discovery. Certain I am, that no human being besides myself possesses my secret. The various forms and proportions in which I have administered this invaluable remedy, and the astonishing as well as gratifying results produced by it, have led me to still farther prosecute my experiments with it in almost every stage and grade of seminal and sexual disease where the propriety of tonic and

invigorating remedies are called for; and having used it now for many years, in both sexes, of almost every age, am prepared to say that it is far superior to any other remedy of which I have any knowledge. That most distressing form of seminal debility, which results from an involuntary and frequent discharge from the urinary organs, is checked by it as if by the hand of Omnipotence itself, whilst the cheerful and exhilarating effects which it produces in all the functions of life, especially upon the brain, equalizing and moderating all the passions, and allaying all the causes of undue excitement, that those parts and organs, hitherto enfeebled through excess and disease, have time to recuperate, and are enabled to resume their natural functions. Although I can well say, with a distinguished writer upon these topics, that I have found no royal plan of accomplishing a speedy or certain removal in all cases of the maladies under consideration without the exercise of great patience and care, and that no man who possesses true medical and surgical skill will confine himself exclusively to a few medicinal substances that may have acquired notoriety as specifics, yet I can truly say that in

a more extended practice than has been vouchsafed to the generality of the profession, since my discovery of the remedy alluded to, I have met with greater success and fewer defeats in subduing this form of disease than I had before. Its great recommendation is, that, under no possible circumstances can it do any harm, and, unlike the common and standard medicines almost always given and regarded as specifics, especially by those charlatans who infest every large city, it does not, and cannot of itself, create inflammation and apparent disease to enable an unscrupulous medical attendant to excite the fears and frighten the patient into a protracted course of treatment, having for its object only the creation of a heavy bill to the pecuniary benefit of the practitioner.

Patients, however, must not be led into the error that diseases of this kind are to be subdued instantly. In a large majority of cases the physician is not called upon until the patient, especially if a novice in these matters, has not taken some time to speculate upon the nature of the complaint that is upon him; and is often restrained by feelings of shame and mortification from making his condition known, or has tried

his own skill or some favorite remedy suggested by a friendly companion, in expectation that he will be spared the infliction as well as the expense of a professional consultation in regard to it; or, if he has resolved upon the latter course, precious time is lost in solving his doubts as to whom it will be most advantageous to apply to. The ordinary family physician, whose countenance and ways are as familiar to him as one of his "own folks," is not a moment to be thought of. His first promptings will be to call upon some one whose exalted standing and reputation as a physician, and position in society as a high-minded and honorable man, would be all-sufficient not only to ensure proper medical treatment, but in whose keeping his character and reputation would be safe from exposure; for, it is a painful truth, that the suspicion of being the victim of secret disease is too often the cause of exclusion from society and the coolness and neglect of former friends. This whole proceeding is the result not only of inexperience, but is imprudent and unwise from beginning to end. In no other affair of importance do we act with so little discretion, and are so little guided by the prudential maxims of every day

life. Ordinarily we would not apply to a learned and philosophic professor of speculative science, however wide his fame, to repair our chronometer or to a polish a diamond, simply, because he is not supposed to possess the mechanical skill and ingenuity necessary to the performance of such a piece of work. We seek out our shipwright, or carpenter, tailor, and other mechanics, each according to their several trades, because as such they are known to be skilful and reliable. Such should also be our course in regard to our physician; and in the medical and surgical treatment of those terrible and life-destroying diseases of which we are now speaking, we should only resort to those who have gained their knowledge of all the peculiarities of these dread diseases by long and careful study and an exclusive attention to them, enabling them from experience, rather than books, to conquer the destroyer in all the varied forms it is accustomed to present itself.

During the thirty years of my practice in this city the records of my business will show a list of nearly one hundred thousand patients, comprising those affected with every stage and degree of private and sexual disease, and cer-

tainly not one of the many who are styled advertising doctors can boast of such a voluminous epistolary correspondence as I have been obliged to keep up in connection with this extensive business. Although, as a general rule, I destroy all communications where it is evident that the writer is particularly anxious for concealment, yet in many cases of especial interest, where the letters only embrace matters connected with the case and cure, I have preserved them as grateful recollections of the benefits I have conferred upon my fellow man, and as honorable trophies of my success. Were not the fashion a hackneyed one, and open to the charge of fabrication for mere effect, I should reproduce here more of this correspondence, to confirm what I have said in regard to the happy and astonishing cures performed by me, chiefly through those remedies known only to myself, and discovered by me through years of sleepless toil, self-denial, investigation, and unsparing pecuniary outlay. But I forbear, well knowing how liable such displays are to be misunderstood, and their truthfulness misrepresented by the envious and unsuccessful. I shall freely avail myself of this opportunity, however, before

I conclude these pages, to reproduce some of the testimonials of the press, which at various places and at different times has liberally and generously commented upon the uniform great success which has attended my practice.

PART SECOND.

THUS far I have limited my appeal chiefly to the young, and have referred only to the milder forms of secret disease, which, although less fatal in their immediate effects, if promptly and properly attended to, yet do, if neglected, mismanaged, or tampered with, lead to most distressing and often fatal consequences. I shall now proceed a degree further, and approaching the full-grown man, speak of the more terrific forms of this destroyer, such as it presents itself in all its power of evil and destructive might. If happily the youth has escaped, "as by fire," and in the consciousness of renewed powers and a purified body, has arrived at manhood, and assumed the cares and responsibilities of a husband and a father, he is still liable to the same temptations; and whatever may be said of the folly or guilt to be attached to his conduct, is again the victim of unclean and diseased sexual association. This time, however, it comes upon him, not in the simple form of a suspicious excre-

tion of a viscid matter, staining his apparel and tormenting him in the performance of one of nature's offices, but has seized upon him in some one of those formidable forms which, if unrestrained, even at the moment of attack, is most certain to eat its way to and through every part and organ of the machinery of life, until its hapless victim is laid out a poor deformed and crippled wreck of humanity, a loathing to himself and a burden, and perhaps scorn to all with whom he is connected. When the individual finds himself in this condition the instinct of self-preservation at once prompts him to fly to the first suggested means of relief; and every country practitioner has ready at hand a mercurial preparation of some kind, found in the books ever since the art of printing was invented, and the science of medicine and surgery came out of the hands of barbers and apothecaries, and assumed the character of a separate and independent profession. It is useless to say that, in ninety-nine cases out of the hundred, these old stereotyped prescriptions and remedies which, fifty years ago would occasionally effect a cure, are now, owing to the constant change which has been going on in the nature of these dis-

eases, as inert and ineffectual to produce a cure as simple water itself; and any one may now daily witness in the mutilated figures of many a passer along the thronged thoroughfares of our large cities, the horrid effects of mercurial preparations which have only succeeded in overpowering one disease by the substitution of another none the less fearful, and equally as destructive as the first. As I am not writing a pathological guide for the use of the medical practitioner, it is not my design, as before intimated, to confuse and embarrass the general reader by a methodical classification of symptoms and diseases. This is too often attempted by those who, by the use of technical and scientific terms, seek only to display their own attainments, and to lead others to think that they are wondrous wise. My effort will be to make myself understood in plain, simple language, so that the afflicted may readily comprehend the true nature of his situation, the evils with which he is threatened, and the proper course to pursue in the painful emergency in which he is placed. In the progress of this horrible disease to which I am now calling your attention, no part of the human system escapes contamination nor fails

to sympathize with the local parts more immediately attacked. The virus is almost immediately transferred by the touch, by the irrepressible propensity felt to handle and examine the diseased parts, to almost every other portion of the body susceptible of contagion or inoculation, until the lips, nose, throat, eyes, and every opening and cavity of the body is contaminated by the deadly virus, whilst within, it is being circulated by the vital current, the blood, into all parts of the system. At this stage of the disease no palliating nor half-way measures can stop its ravages. Self-treatment, guided and directed as it may be, by a consultation of the whole list of medical authorities, is utterly powerless. The caprices and changes characteristic of the complaint are such that, only the experienced practitioner can detect its true character, and direct with certainty the artillery necessary to its overthrow. There is hardly a day passes but I am consulted by more or less of those who, neglecting the first approaches of this insidious destroyer, are so far enveloped in its embraces as to them it appears almost impossible to be cured. But, when I have exhibited to them the incontestable evidences of the

cures performed by me, of cases in many instances as severe as their own, they have manifested a joy which no pen can describe. Certainly it would have been better for them, as it would be more agreeable to me, had I have been consulted at an earlier period; but, nevertheless, whatever may have been the cause of neglect or delay, I am positive that the disease cannot long resist the almost immediate, powerful, and searching operation of the remedies which I apply. So far from resorting to those painful and severe caustic applications hitherto so common, and usually regarded as indispensable, I proceed by mild, emolient, and soothing preparations for external treatment, which, aided by an internal administration of my great remedy, prepared in just the proper proportion, in connection with other healing and balsamic productions of the vegetable kingdom, all inflammatory action is at once quietly subdued. The tonic properties of the medicine is at once imparted to the system, the digestive organs become cleansed and regulated, and perform all their functions like a charm; and the curative and healing process goes on quite rapidly, and in exact accordance with nature's laws. By a

strict adherence to the conditions necessary to be observed in the process of treatment, it is absolutely impossible that any failure or disappointment should occur; and what is most singular, where once this rare preparation has taken an effectual hold upon the system, not only does it drive off the loathsome disease, but it fortifies and strengthens the parts hitherto affected and enfeebled, so that in a wonderfully short space of time they are restored to their pristine vigor, and no traces remain of the malady which so recently threatened so much devastation and ruin. Of all ages and classes of men upon whom the ravages of the sexual diseases are to be feared, there are none to whom it is so dangerous as to those in the meridian of life. This is doubly the case when the individual is at the head of a family. Not limited to himself, his wife, the lawful partner of his bosom and the mother of his children, is in danger of infection. Their natural protector and guardian, he finds himself the bearer in his own body of a virus more to be dreaded than that of the deadly upas. His social and domestic enjoyments are broken in upon by his foul fiend, and if he once yields to the solicitations of love, and in an unguarded moment

gives way to its gratification, the envenomed shaft has reached another victim, and beings yet unborn are not only possibly, but probably, made to share in his infection. There is nothing more certain than that this disease is thus propagated from sire to son, through many generations, and that scrofula, in almost all the hideous forms in which it developes itself, such as tubercular consumption, weak, sore, and inflamed eyes, the early falling off of the hair, deafness, chronic and inflammatory rheumatism, spinal diseases of all kinds, are more or less frequently the direct consequences of the parent's indiscretion and disease, years before his ill-fated offspring ever saw the light of day. When I have indicated such fearful results as springing from a single cause, it cannot be necessary that I should again urge upon my reader the absolute necessity that, if he has unfortunately "been caught," there should neither be delay in his struggles to escape, but that his strength should not be wasted in misguided and misdirected efforts to attain that end. A single false step may plunge him in irretrievable misery and bodily ruin. No art can restore the mutilated face, the palsied limb, the vivacious countenance, or the sparkling eye,

when once this disease has passed over them, and has left the impress of its poisonous seal. There is no rescue or salvation except in the immediate application of curative means; and all medical history and testimony will tell you that, up to this time, with all ordinary practising physicians, there has been no specific remedy found for this disease upon which any reliance could be placed, except in those rare cases in which mercury, in some of its many forms or combinations with other hardly less deleterious substances, have been found effectual, and then only in overpowering the disease by substituting, in very many instances, another and almost equally dangerous one in its stead. Every person of common intelligence is aware that what are generally termed mercurial diseases are of themselves the most distressing, troublesome, and protracted of all those the physician is called upon to treat. Painful and even disgusting sores, eruptions, and discolorations of the skin, extreme susceptibility to atmospheric changes, sharp and shooting pains in the joints and limbs, frequent recurrence of torpidity in all the digestive organs, dyspepsia with its long catalogue of horrors, exfoliations of portions of

the bones, particularly in those parts especially exposed to observation; these and many more, too numerous to mention, are but a part of the serious evils arising from the indiscriminate use which has been made of this powerful drug in the cure of private diseases.

With what joy and gratitude, then, should mankind hail the discovery of a system of thorough cure, unattended by any such dangers as I have described. A system so mild, so positively certain in its effects, and withal so harmless as to be utterly incapable of doing injury in any case whatever. And then, again, there are other consequences not less serious and regrettable, entailing unhappiness and discontent in all subsequent life. Impotency, that bane of married life, is not an infrequent consequence of not only the diseases to which I have alluded, but of the very remedies which have been unwisely and unskilfully administered for their cure. How many there are who, in every other respect seem admirably mated, and in every way constituted to render each other happy, but whose desolate households indicate but too surely the cause of domestic disquietude, or an aching void, which can only be filled by healthy

and beautiful offspring. Whatever may be the worldly circumstances of those who have entered into the marriage relation, the perpetuation of themselves in their children is one of the very first promptings of their hearts; and failing in this, the domestic hearthstone becomes cheerless, and the gifts of fortune, however numerous, are comparatively valueless and lightly esteemed. It is in cases of this kind that my remedies have proved of priceless and inestimable value. It matters not from what cause the inability may arise, whether from previous disease, or the injurious effects of unwholesome and poisonous drugs, or the weakening and disorganizing effects of early habits. I have never yet failed to reconstruct and restore the enfeebled powers to effective vitality, and to enable the husband to be in a condition not only fully to enjoy all the pleasing concomitants of wedded life, but to realize his dearest wishes in the ability to propagate his species, and to raise up children to cheer, bless, and comfort him in his old age. That this can be done most happily and effectively, without resource to any painful surgical operation, without resorting to those tonics and stimulants which, after pro-

ducing a momentary excitement, leaves the patient more exhausted and enfeebled than before, I know; and there are hundreds now living within but a very narrow circuit of the place I now write, who can bear joyful testimony to the truth of my assertions. Let no one despair of help, for I assure him that, unless nature herself has been wanting in her usual gifts, and some such unwonted calamity as emasculation has taken place, I can most certainly restore all his lost or waning powers, and render him happy and hopeful in that home where before he was cheerless and desponding. That this deficiency or loss of power may become more obdurate, and less easy to overcome by omitting seasonably to resort to curative means, is also certain; hence the necessity of attending to it as soon as the difficulty is known to exist. Delay only renders its removal a more protracted and aggravating process, whilst it cuts short days and years of bliss which might otherwise be enjoyed. Persons who find themselves incapacitated to a full fecundative exercise of all the virile functions, should never rest satisfied short of a complete restoration of all their faculties; and to effect this through the

safest and surest means should be to them a matter of the gravest consideration. Almost every locality, and especially our large cities, are literally crowded and overrun with unprincipled adventurers, whose pretensions and abilities are equally preposterous and absurd; men who like those who

“Steal the livery of heaven to serve the devil in.”

enshroud their former insignificance and obscurity in some name, the possessor of which may at one time have had some distinction as a medical practitioner. These imposters and scourges of society waylay and beset the invalid and the suffering at every turn, and most unfortunate is the credulous and unsophisticated wight who suffers himself thus to be entrapped. Not one in fifty of them can boast of a single degree of medical knowledge or skill beyond that acquired perhaps as servant to some invalid, or gained from a superficial study of some old book of useful receipts which has alone constituted his whole medical library. Of this class of pretenders you cannot be too guarded. Of such it may be truly said: “They allure with a look, a wink, a nod. Hell does not contain so foul a fiend nor earth so fell a foe; the helpless

and unfortunate are their victims, murder is their employment. and death their sport." I would not lay such stress upon this caution against empiricism and quackery, did not every day's experience more fully demonstrate to me the vast amount of mischief perpetrated by these reckless adventurers. Cases in which, had a thoroughly skilled specialist been consulted in the first instance, would, with but little loss of time, and but moderate expense, been rapidly made to give way to the proper medical treatment, have, through sheer ignorance, been made to assume forms so disgusting, repulsive, and dangerous, that I have long hesitated to assume the responsibility of prescribing for them.

Intimately connected with those diseases having their origin in impure sexual intercourse, are others, which, though not traceable to the same cause, are none the less troublesome and very often the means not only of aggravating the sexual diseases, but tending to complicate them and perplex the medical attendant, as well as to create greater distress and pain to the sufferer himself. Watery collections in and between those parts constituting the genital or-

gans in man, are frequent; and sometimes the causes are so involved in obscurity that the most skilful surgeons are often at a loss how to account for them. This difficulty, known to medical men under the name of hydrocele, has ever been regarded by the profession as incurable by medical treatment, and only yielding to a surgical operation. Palliatives are resorted to, and the inconveniences arising from it obviated in part by drawing off the contents of the sac by a trocar, and by such other mechanical appliances as the ingenuity of the practitioner may suggest. The many aggravated cases of this kind which I have met with in my practice, the almost insuperable bar presented by it to a successful treatment of a contagious disease affecting the parts at the same time, the reluctance to which the patient would listen to any suggestions as to the employ of "instruments" or mechanical appliances for his relief, spurred me on to every effort in my power to relieve this very painful and dangerous disease. Nor have my researches been in vain. I have discovered remedies, by the proper administration of which this complaint is made to disappear almost as rapidly as mist before the morn-

ing sun. The clumsy and expensive apparatus hitherto applied, the dreaded trocar, the stimulating injections of former days, are entirely dispensed with, and by a medicine prepared only by myself, a process of absorption is engendered by which the disease is radically cured, almost unconsciously to the sufferer. And although I am constantly prescribing for and treating it with the most signal success, and to the entire relief and satisfaction of my patients, and hundreds of my medical brethren are aware of the fact, yet, if applied to, themselves, and inquired of as to their ability to cure it, reply, that medical treatment would be unavailing. In view of these facts I feel impelled, from a sense of duty to suffering humanity, to invite every one afflicted with this complaint to apply to me for relief. I will not merely refer them to testimonials of undoubted authenticity and credit as to what I have accomplished in this respect, but will convince them, by means easily to be comprehended, that this great desideratum in the healing art has at length been discovered. I know to what extent I incur the liability to the charge of egotism in making this assertion, and the slowness of the public to give credit to

claims of extraordinary discoveries, especially in the treatment of those complaints which have so long baffled the skill of the most renowned physicians; but they must remember that such has been the case in every age of the world, and that Darwin, and Harvey, and Jenner, are not alone in having been the buts of ridicule and persecution because of their discoveries and efforts to benefit mankind by the introduction of new modes of warding off and curing disease. No dread of ridicule, nor the opposition of those who consider themselves as exclusively authorized to prescribe for disease, shall ever deter me from thus boldly making known my ability to benefit my fellow-men.

In the foregoing, so far as I have addressed myself to those of middle life, whose physical organs have become matured, and in whom few or no organic changes are likely to occur for many years at least, I have called attention chiefly to such complaints and infirmities as immediately accompany, or closely follow, those self-engendered or contagious diseases, the results of careless and promiscuous connection with those of the other sex. I have alluded also to the impediments which it creates to the

formation of happy and permanent domestic relations, and to the satisfactory performance of all that is meant and intended in the marriage rite; and if I have not catalogued all the miseries and evils flowing from the causes set forth, it is not that I regard them as of minor importance, but it is that I have indulged the hope that no one in his sober senses, with such dangers impending over him as those which I have described, would, for a single hour, delay application to the proper source for relief. Varied, aggravated and accelerated as they are in the different forms they assume by reason of temperament, diet, constitutional defects, and the usual pursuits of business or amusements, there is no perfect standard for measuring their intensity, save in the long-tried skill of practical experience; and I do not here purpose to load your mind with complicated details and nice distinctions which to you would be entirely unintelligible, or, if understood, you would not be able to derive from them any solution to the difficulties and dangers which encompass you. This can only be afforded you by competent medical aid; and I now, in the full confidence in my ability to relieve you of every trouble with

which you are assailed, either now or in the prospective, invite you to try those truly healing remedies of which I am the discoverer and only possessor. One of the greatest mistakes is that in which the victim imagines that if he discontinues such violations of the laws of his being, and becomes more temperate, regular, and abstemious in the indulgence of his passions and appetites, that disease will disappear, and the recuperative powers of nature will remedy every evil. But it must be borne in mind that **DISEASE IS NOT SELF-CURING.** The causes which have done the mischief and inflicted the injury must be removed before anything in the whole range of medical science can cure you. So long as there remains lurking in the system any relics of those fatal effects of the poison, engendered either by disease itself or the improper remedies hitherto taken for your relief, you are in danger. Not only protracted and exquisitely painful complaints, such as chronic rheumatism, spinal affections, and the development of tubercular diseases, attack and threaten you with all their untold horrors and dangers, but death itself may warn you with its quick, sharp, paralytic stroke, that it is nigh at hand,

and that the time for all earthly aid, with you, has passed forever. I must not omit to name another result of excessive sexual indulgence, the diseases incident to it, and the maltreatment to which they are so often subjected: premature exhaustion and decay; and this leads me to the third part of this little treatise, in which I design to address a few words to those who, having passed through the age of ripe manhood, have entered upon that period of life when, in the course of nature, the natural powers begin to wane, and the passions and appetites become less clamorous in their demands for gratification, or if not, in whom the physical capacity necessary to that purpose is diminished through former excessive indulgence, or as a consequence of the emasculating effects of the vile compounds to which they have been subjected through the ignorance and stupidity of those whom they have consulted when requiring medical treatment; and I may as well remark here as anywhere, that the early loss of sexual power may very often be justly attributed to an excessive indulgence in other than in the unrestrained gratification of the desire for sexual intercourse. The early and

indiscriminate use of stimulating and alcoholic drinks, an excessive use of tobacco, by which its nicotine qualities are absorbed and taken into the system, especially with those who lead sedentary and inactive lives, are among the many causes of premature decay; and when this period arrives, and full consciousness is felt that such is really the case, what can be more depressing to the mind, or more calculated to inspire an aversion to life, and to regard all its hitherto anticipated pleasures and promised blessings as a base delusion and a cheat?

PART THIRD.

AFTER the attainment of the ages of fifty-five or sixty years, in man, the generative powers gradually diminish, and, declining with increasing years, at the age of seventy and thence onward, cease to be able to accomplish the objects either of gratifying the passions or the perpetuation of his species. The deprivation, however, of these pleasures are not the only loss which he feels, and over which he is called to mourn. With the symptoms of approaching decay, and the waning forces of manly power, he is sensible also of a decline in those mental and executive faculties by the force of which he has hitherto been enabled to overcome obstacles to success, and to acquire wealth and position in the world. It is true, that occasionally we meet with men of even three score years and ten and upwards, who display in all their movements and calculations but few or no evidences of senility, and who, up to a very advanced period in life, seem to enjoy almost un-

broken powers both of mind and body. I do not refer to that class of old men, the fag end of whose lives are devoted to the gratification of the baser passions of avarice and gain, which outlive every other sentiment, but to those whose bodily powers, carefully husbanded and preserved, have suffered no untoward deterioration by the habits and practices of youthful indiscretions nor the excesses of middle age. These, having performed all the requirements of life's duties well, justly, in the evening of its journey pass calmly onward to its close, uninterrupted and unassailed by any of those evils which embitter the declining years of the great majority of our fellow beings.

These last, unhappily, in almost every stage of their progress, are constantly requiring the fostering care of benevolent hearts and willing hands to direct and lead them over the, perhaps, too dreary and barren wastes spread out before them, and to some extent the aids of science to assist in reinvigorating their dormant faculties. I have devoted much time to this interesting study, how best to restore to its former possessors the lost powers of virility, so as to enable them at a comparatively advanced period of life

to enjoy again, to a rational extent, all the pleasures of ripe manhood with those of the opposite sex. Pursuing my investigations upon strict scientific principles, and aided by the ample means for experiment which my extensive practice has afforded, I have arrived at results as gratifying as they were new and astonishing. Without laying any claim to any such discovery as that wonderful fountain of youth which tempted the too credulous Ponce de Leon to brave the dangers of an unknown sea, I may, nevertheless, claim a discovery, which for centuries has baffled the skill and research of the most eminent philosophers and sages which the world has ever produced. I have succeeded in doing this without in any degree whatever drawing upon the reserved forces of life, so as to induce exhaustion and prostration after each recurring effort; but its effects are so gently and gradually tonic and stimulating as to give permanent vigor and tone to every part of the system. Old age is thus shorn of half its terrors, and life, indeed, remains a perfect blessing to its very close. Not only are all the procreative faculties restored and invigorated by these wonderful remedies, but every part of the

body is made to share in their healthful and life giving properties. I would not thus speak so confidently and assuringly had I not witnessed in numberless instances the complete realization of all which I have here described. It is not yet three months since I was called upon by a gentlemen of over sixty years of age, whose circumstances, in relation to property and family affairs rendered it highly expedient that he should take to himself a wife, after twice having become a widower. Although he felt, as he told me, in regard to that matter, the danger as well as what he considered the impropriety of uniting himself to one so many years younger than himself, as was the lady for whom he felt a decided preference, he could not well resist the inclination he felt to be governed in the matter by the motives of choice exclusively, provided he could feel assured that subsequent events, anticipated from conscious debility and impotence by reason of his own advanced age, could be so controlled by medical skill as would obviate all danger of disagreement and infelicity between them after the marriage ceremony. I gave him the reasons of my strong conviction that this could be satisfactorily accomplished for him, and he immedi-

diately subjected himself to the regimen and treatment which I imposed. I found in him a most submissive and docile patient, who unscrupulously and faithfully followed the directions I gave him; and I had the gratification as well as the pleasure of seeing him, in less than three months from the time of his first application to me, rejoicing in the possession of the woman of his choice. He subsequently informed me, with a countenance beaming with gratitude and thanks, that there was not a happier or a more contented couple on the face of the earth; and he attributed to me, and the truly happy effects of the medicines I had prepared for him, the happiness which he then enjoyed. Indeed, I might cite other cases equally as interesting, but I do not feel at liberty to particularize, lest I might wound the sensitiveness of those who have confided to me, in my professional capacity, those matters which I cannot conscientiously nor honorably refer to, even to encourage and benefit others in a similar way. Let every one, however, be assured that age no longer forms any impediment to an enjoyment of all the physical functions of our being, and that wedlock, so far from being shunned as a severe and unhappy test

of the virile forces, resulting only in failure and mortification, may now be consummated with all the assurance, hopefulness, and ardor of youth.

The reader will have observed that in all the foregoing pages I have carefully avoided entering into details, or giving way to that style of composition which seems almost inseparable from the medical profession. I have not, by a prolix and confused use of medical and pharmaceutical terms, perplexed his mind nor sought to inspire an opinion of my skill by an exhibition of professional and technical terms, only understood by the regular student and philologist. I have rather sought to intimate, in plain and readily understood language, matters and subjects upon which a great deal of ignorance unfortunately prevails. I have sought to point out the dangers and perils arising from certain causes which are to-day working a vast amount of evil and distress throughout the whole country.

I have also called to your attention the ready and certain means of cure which I possess, and of which all may avail themselves at a moderate expense, without incurring the least danger of relapse or exposure. And, finally, I invite you

to test an experience of thirty years' successful practice, in which I have more successfully treated every disease to which humanity is liable than any other physician in New England. My arrangements and provisions for this purpose are most extensive, and peculiarly adapted to suit and please the taste of the most delicate and fastidious. My reception rooms are ample, and even luxuriously furnished; and patients, whilst waiting for, and during consultation, are free from all inquisitive observation. My medicines, which are all prepared under my own immediate supervision, are procured for me by herbalists of rare skill, and imported for my exclusive use; and whilst I devote every faculty I possess to the relief and cure of those who place themselves under my care, I am particular, also, to so regulate and apportion the price of my services that none, however unfortunate, may be driven away by the fear of excessive or exorbitant charges. My consultation rooms and medical office are at No. 48 Howard Street, Boston, where I may be found at all hours during the day, and to which all communications for advice and medicines should be particularly addressed.

FREDERICK MORRILL, M. D.

APPENDIX.

I PRESUME that there are many who, on opening this book, expected to find a number of prescriptions for the cure of diseases; also directions for taking the prescribed remedies, and rules for diet, etc., etc., while taking them. Here let me say, that whoever looks for that, in any properly-prepared treatise of this kind, will always be disappointed. I would most cheerfully send prescriptions to sufferers, but it would be utterly impracticable, for the reason that the roots, herbs, and barks, which I use in curing diseases, are imported by myself, from foreign countries, for my own practice; and very many of them, the most efficacious, cannot be obtained from any druggist in this country. The reader will readily see that any prescription, under such circumstances, would be worthless to him. I not only import my herbs, barks, roots, and medicinal plants, but I, myself, prepare them for use. I do this that I

may be sure, beyond all doubt, that my patients get the pure article, without any adulteration, or any possibility of mistake; and to this fact I attribute, in a great measure, my success in treating and curing disease. The concentrated form in which I prepare them enables me to send them to any part of the country, by mail or by express, at trifling expense; so that there would be really no reason for furnishing prescriptions to my patients, even if they could get them compounded by the druggist.

I have thought that I could not do a better service to my readers than to insert, by way of an appendix, a selection from the large correspondence I am daily receiving from persons seeking my advice, or such as have been under my care. These letters are not only calculated to show the embarrassments under which invalids frequently labor in regard to the choice of a physician, when seeking to regain lost health, but narrating, as they do, actual cases attempted to be described by the sufferers themselves, they may enable the reader to compare his own with them, and to judge whether he may not, with every hope of relief, resort to the same means of cure.

Whilst, as a general rule, I usually destroy all correspondence of a private nature, especially all such as I consider that the writers would prefer not to be in danger of a perusal by any other than myself, there are cases which I consider of too interesting a character, and which required a degree of care, skill, and attention, to perfect a cure, that I have, in the interest of humanity, preserved such an outline of them as would enable me to refer to, and recall whatever of importance might be connected with them, for my future guidance in similar cases. In such circumstances, I preserve only transcripts of all the correspondence, destroying the original, whilst I erase all names and other means of exposure, of matters which might wound the sensibilities of the writers.

The subjoined letters I have selected because they represent, better than I could otherwise do, different grades and classes of physical disability produced by causes particularly treated upon in this book, and which, more than any other class of diseases, I have been called upon to treat. From thousands of similar endorsements of the happy results of my system of medical treatment, I am emboldened in claim-

ing for it a superiority over all others. The LIVING WITNESSES whom I daily meet and recognize as of those who have, in their persons, experienced the healing and life-preserving efficacy of my remedies, and who, from being debilitated, broken down, despairing invalids, looking forward to death as the only termination of their sufferings, are to-day in the enjoyment of all the blessings which health can confer, and amongst our most useful, active, and enterprising citizens. With such examples before them, no one should hesitate or delay a single hour in securing to himself the means of recovery and restoration which I am fully prepared to offer him.

From the fact that I have, in this little volume, called the reader's attention chiefly to those disorders arising from an indiscreet and overtasked indulgence of the sexual and procreative faculties, some of my readers may be led to infer that I limit my practice exclusively to them. This would be a mistake. Being a regularly-educated physician, my range of practice is not restricted to any particular branch of my profession, although I have devoted a large share of my attention to the investigation and

study of the utero-genital organs, under the belief that to them might be traced, much oftener than is generally supposed, a large share of those diseases which annually disables, and eventually carries off, so many thousands of our most promising and interesting young men. Consumption, diseases of the heart and liver, rheumatism, imperfections of sight and hearing, baldness, and many other complaints intimately connected with, and in a large degree owing their early development to causes directly resulting from a too-frequent violation of nature's laws *in this very thing*, are subjects in which I feel myself fully justified in recommending my remedies, and in which I have been equally successful in my treatment. To either sex, male or female, requiring medical or surgical treatment, I am prepared to offer every facility and convenience whilst prescribing for every case of disease or accident to which the human frame is liable. Medicines carefully prepared by myself, neatly and securely packed for transportation *to any part of the world*, with every needed direction for their use, as the case may require, will be promptly forwarded to such as may wish to avail themselves of my professional services.

[Letter from a Gentleman.]

G———, ME, Sept. — 186

DR. FREDERIC MORRILL:

Dear Sir—It is under feelings of the deepest despondency and mortification that I address you this letter. I have long contemplated doing it, but my resolution has failed me whenever I have sat down to accomplish it. I am, however, reduced to that degree of hopelessness, and, I may add, helplessness, that unless I do something, and that most speedily, I shall be so completely shorn of all energy and manhood as to be utterly incapable of making myself understood by you or any one else. You already, I imagine, comprehend the difficulty under which I labor. I am now about eighteen years of age, and have been, almost since I arrived at the age of puberty, addicted to that most horrible of all soul and body destroying vice,—self-abuse. First indulging in the practice at rare intervals, it has grown upon me as I have advanced in life, inflicting new tortures, and throwing open before me vistas of future torments, which combine to render the present, past, and future, in the endurance and anticipation, too terrible to bear or describe. I was led

into this vile habit, as all boys are, by bad example and associations with those who, being older than myself, ought to have known better. I did not then, as I do now, attribute the many painful and depressing ills to which I was subject, to the physical derangements occasioned by this vice. I had, I think, a scrofulous taint, inherited from my parents. This became quite early developed, and for years I was afflicted with a weakness and inflammation of the eyes, which at times was almost insupportable. Costiveness, and constipation also, always rendered it necessary that I should be taking some laxative and cathartic medicine. When I resorted to medical advice, not one of the many physicians whom I consulted ever made the inquiry as to my habits, or suggested the possibility that I was paying the penalty of solitary vice. Had my occupation or pursuits been such as to afford me constant daily labor and exercise in the open air, I have no doubt it would have been far better for me; but since my fourteenth year I have been a student, either at home or abroad, and although I have enjoyed every advantage and opportunity, to-day feel myself utterly incompetent and incapable of profiting by them.

A loss of memory and a lack of energy, inability to any continuous exercise of the reasoning powers, a want of tenacity of purpose, a confusion of ideas, timidity, bashfulness, and a constant apprehension of coming evil, so besets me that I sometimes wish that I might die to escape it. Indeed, I have often thought of suicide, and am sometimes seriously tempted to resort to it as a relief from my troubles. I have read books and treatises upon the subject, and have, times without number, resolved, nay, sworn, to abandon the practice. But I find to my sorrow that I have not got the strength of will and purpose to do this. To such a state of debility am I reduced that I find I am powerless to carry into effect any resolution whatever; and I am at length satisfied that a man left alone, unaided, in this condition, is entirely unable, of himself, to emerge from the depths into which he has fallen. I have hitherto kept this to myself, fearing, or rather ashamed, to make a confidant of any one. But I can do so no longer. The continued drains upon my system, and the very foundation of my powers of manhood, have been so long continued, that I have become the involuntary victim of all those ruinous consequences

which flow from such a cause; cold night sweats, a troublesome cough, a burning and feverish skin, disturbed sleep, and dreams too horrid and too * * * * to narrate, admonish me, that if I do not soon obtain relief, the attempt to do so will be too late. I have therefore resolved to break through the reserve and moody silence behind which I have hitherto shrouded myself, and, cost what it may, throw myself into the hands of some one in whom I can place confidence, and submit entirely to his guidance and direction until I am either restored to my former self or laid at rest in the grave. I have heard much of you, of your willingness to undertake such cases as mine, and the great success which attends your course of practice, and the remedies you give. If you think you can cure me, consider me as your patient from this moment. Not wishing to occupy your time for nothing, I enclose ——— dollars for which please give me credit, and write to me at once what I am to do.

I am, very respectfully, &c.

S——— W———.

NOTE.—The reader will clearly perceive from the foregoing letter that this was not only a most distressing

case, but that, notwithstanding the writer had intended to give me such a detailed statement as would enable me to prescribe for him directly, yet, on a more careful examination, he will see that there was not that circumstantial detail of particulars necessary for my guidance in a case of so much importance. Apprised of the unhappy young gentleman's inability at that time to visit me at my office, I wrote to him some two or three times, suggesting topics upon which I desired to be more fully informed. In the course of a fortnight I had succeeded in perfecting quite a satisfactory diagnosis of his case, and immediately put in active operation the course of treatment I had marked out. It was not to be expected that habits so confirmed, and maladies so aggravated, could be at once broken up. Experience had too often shown me that this class of patients, however determined and resolved they might express themselves to be in the beginning, were not always to be relied upon in carrying out your views in regard to them, and that not unfrequently they defeated your best efforts in their behalf, by but a half compliance with your directions. A temporary relief, and a slight change for the better, would give rise to a presumptuous desire to break through the rules you had prescribed for their guidance, and before you suspected it, they would complain of the want of efficacy of your treatment, and fall back into the old line of complaint and despair.

But I am not in the practice of letting patients foil me in my labors to effect their cure, in that way; and it is at the very moment of their greatest discouragement that I feel that I am beginning to get them well in hand,

and that, when they find they are passed all hope, except through outside help, I am most certain that I have them on the sure road to recovery and better days. And so it was with this young man. By encouragement and persuasions I soon won his entire confidence, and had the satisfaction of witnessing his gradual progress from almost total prostration to renewed vigor and health. I did not even resort to the expedient of a change of residence, nor to his giving up his books. My medical treatment was directed towards subduing and soothing the nervous irritation which his habits had engendered, and to strengthen and give tone to every faculty which had felt the debilitating effects of his former indulgencies. From the constancy of my correspondence with him, I did not allow the slightest change or symptom to escape me; and although I had never seen him, I felt as assured of the beneficial changes which were taking place as though I had him daily in my presence. Gradually the style of his correspondence, as well as the steadiness of his hand and eye, indicated by his penmanship, plainly showed the great improvement going on, until at length I was surprised by a call from him to thank me in person for what I had done for him.

Let the reader imagine to himself, a hale, portly young man, bearing about him every mark of a healthy and almost perfected manhood; a frank, open, and ingenuous countenance, that shrinks from no scrutiny, and a bright, sparkling eye that almost fascinates you by its beaming lustre and intelligence, and you have before you the patient whose case I have just been describing. He was thoroughly cured. Every faculty of both soul

and body appeared to be fully adequate to all the exigencies of an honorable and successful future, to which his means, and his family and social relations, would justify him to aspire. I am happy to say that, his subsequent career has realized the highest expectations I had formed of him. Equally distinguished at the bar of his adopted State, as in the national councils, he is, at this time, one of the most promising and rising men in the country.

The following letter is from a middle-aged gentleman whose early life had been marked by misfortunes of no ordinary severity, which had preyed upon his health to that extent as to occasionally unfit him for all business occupations, as also to render him incapable of any mental enjoyments whatever. Strange as it may appear, this gentleman's appearance indicated in no very marked degree the infirmities of which he complained. He was rather plethoric and full in form, and his countenance was more like that of a "*bon vivant*" than otherwise. To one unaccustomed to read the "human face divine," he would have been taken for almost anybody else than one who was suffering under a most complicated form of disease, having its origin in a criminal indulgence so vile and sensual as to excite our horror and aversion

towards one, who, in the form of man, could surrender himself up to such gross and unnatural appetites and desires :

B——, 186

DEAR SIR :

In the short interview which I had with you, yesterday, I perceived that I staggered your faith in my truthfulness when I stated to you the troubles which oppress me, and which, notwithstanding the fair and rosy blush of health I wear, renders life almost an unsupportable burden. You were correct in your opinion that my case was an abnormal one, dependent upon causes which required a frank avowal on my part before you could venture to prescribe for me. Although not particularly troubled with any excess of squeamishness in matters of this kind, I must confess that I felt reluctant to expose to you, verbally, the true character of my mental and physical deformities. Did I tell you that I was a brute, I should come far short of conveying to you any just idea of myself. I am a brute, embodying every animal instinct, with all the reasoning, cunning, planning, and executing faculties of the human being in their highest

degree and perfection. A native of the south of Europe, and inheriting all the hot and fiery instincts of my race, I have ever sought the gratification of every unholy and unlicensed passion to which the creature, man, may be enslaved.

At a very early age, even in my boyhood, I broke through every bound of religion, morality, and blood itself, to gratify the intense desires which overwhelmed me. This ever-consuming fire seemed to derive new force and energy upon what it fed on, when satiety and disgust led me to search out new sources of gratification, until the most unnatural tastes and propensities took possession of me. Consorting with men, and even animals, became far more preferable than with the fairest and most enticing of the opposite sex; and I became so addicted to it, that I felt myself as, indeed, that "pestilence which walketh at noon day," as, vampire like, I fattened upon the victims I destroyed. These horrible and unnatural gratifications seems to have had the effect of blending and incorporating their mischievous and deadening influence throughout every faculty of my being; shame, morality, and virtue lost their distinctive

qualities in my mind, and gluttony, intemperance, and excess of every kind have usurped complete mastery over me. One who knows me well has frequently intimated that I must look to moral rather than to medical influences to change me from what I am. But I *know better*. Moral effort can hold no successful conflict with the overwhelming physical clamorings of an organization like mine. "A sound mind in a sound body," is a maxim of wisdom, but, the *sound body must come first*. Insanity is, I presume, the consequence of a *diseased* brain; and although a diseased brain requires the aid of moral forces to its proper readjustment, yet a nice and just adaptation of sanitary appliances must precede as well as accompany them, to render them available.

Impotency, emasculation, and sterility admits of a ready cure at the hands of the skilful physician, who, like yourself, has made this branch of physiological science his particular study. If excitants, tonics, and stimulants promote action in the one class of cases, why should not antiphlogistics, anodynes, and kindred remedies quench those fires which turn man into a demon, and renders life one constant rebellion

against everything pure and good. I have great faith in you, doctor, hence this disclosure. Are you willing to try your skill in this strange case? I will submit to anything, do anything, that I may once enjoy the tranquility and self-possession of perfectly cool-headed manhood. My means are ample, and they are at your disposal; all I ask in return is, that I may be enabled to go forth amongst my fellow-men without that crushing sense of moral degradation which is now more oppressive than any "fearful looking for of fiery indignation," in the future, can possibly be. Any encouragement you can give me will materially influence my movements for the future, and I will most gladly avail myself of your earliest intimation that a call from me would be agreeable.

With great esteem, I am yours, etc.

L—— F——.

NOTE. This gentleman had by no means overstated his case. At my suggestion he took apartments in my vicinity where I could daily observe his conduct. It was clearly evident that his misfortunes were chiefly owing to a morbid state of the whole system, similar to that which in some persons manifests itself in a ravenous appetite, which can only be appeased by devouring

enormous quantities of the most indigestible and revolting substances for food. I felt satisfied that the case was a fair one for medical treatment, and governed myself accordingly. It would be useless for me to attempt to describe to the nonprofessional reader the course I adopted, and readily submitted to by my patient, to exorcise this "unclean spirit" which possessed him. Suffice it to say, that, after an unusual degree of application on my part, I had the satisfaction at length of reducing the "fair proportions of his ruling passion," until he sobered down into a rational human being. Bereft of no quality, nor in anywise shorn of his proper manhood, he has become a model of regularity, moderation, and of all the gentler virtues. His striking manly beauty still marks him as a general favorite, whilst those coarser features which formerly marred him, have disappeared forever. My last letter from him, dated several years ago, informed me, that at length he had settled down, rejoicing in the society of an amiable companion, and with an undisturbed temperament and tranquility of soul which promised to compensate him, in part, for the tumultuous and stormy past.

I have hesitated long before I could persuade myself to give place to the foregoing in these pages. But on reflection I felt that, as it was a true record, and represented a class by no means rare or uncommon, I would not withhold it, from any apprehensions of the criticisms of the incredulous or narrow-minded. Human nature is the same everywhere, beset by the same temptations, and destroyed by the same vices; and the medical man, better than all others, knows to what extent the justification exists for calling attention to this gentleman's case.

[Letter Third.]

D——, 186

DOCTOR MORRILL,
Boston, Mass.:

DEAR SIR. — I enclose a gentleman's card, with his endorsement upon the back of it, well known to you, as my introduction. For some months past I have been in search of a skilful medical man, whom I might safely consult in a matter involving not only my own happiness, but the peace, health, and, possibly, the life itself of my wife. For several years she has been an invalid. She is now thirty-three years of age, and we have been married upwards of twelve years. Shortly after the birth of our child, a son of nearly eleven years of age, her health began to decline, since which time, notwithstanding the many physicians to whom she has applied, and the various means resorted to for relief, she has continued in a state of debility so nearly bordering on downright sickness as to be seldom capable of attending to any of the duties, or enjoying any of the comforts, much less the pleasures, of society, or even of life itself. So repeated has been her failures to obtain beneficial medical aid, that, long since she gave up all hope of obtaining it at the

hands of any of those physicians whom we have been in the habit of regarding as our oracles in all matters of this kind. She declares herself disgusted, and wearied out by this constant succession of potions, pills, and powders, tonics, stimulants, and alteratives, as they are termed, and has about made up her mind to resign herself to her fate, whatever that may be. This is not so much to be wondered at when I inform you that there is hardly a physician of any note in the city with whom she has not consulted, many of them repeatedly, but all of them to little purpose. My friend, who so highly recommends you, has endeavored to prevail upon her to consult you; but with a perversity, if not peculiar to her sex, at least strongly characteristic of her infirmities, she persists in her resolution henceforth to let the doctors alone. This all might do very well, if she alone was the sufferer. But I, being a party quite as much interested as she is, have resolved that no efforts shall remain untried to enable her to regain her health, and that I may have restored to me the society and companionship of a wife to whom I am most fondly attached. I cannot see her thus, day by day, sinking into a premature grave, whilst there remains the least earthly pos-

sibility of rescuing her from her present perilous condition. I have, therefore, determined to give to you, myself, such facts concerning her case as I am conversant with; and as I have been for many years past, to a great extent, her principal nurse, I am not certain but that I can give you all the description necessary to enable you to form a pretty just opinion of whom you are to treat, and the troubles you are expected to eradicate. Soon after the birth of our child my wife's health commenced gradually to give way, and she filled with difficulty the offices of a mother, against my remonstrances; she declined to resign her child to other hands during its infancy, and, although no immediate consequences were apparent, yet it was evident that her physical powers were not equal to the burden she assumed. Whatever may have been the causes, thenceforward there seemed to be a general breaking up and falling to pieces of her entire system. Disorders of the womb, breasts, and a general weakness of all the genital organs indicated but too surely an enfeebled and relaxed condition of the system, calling for the immediate application of remedial measures of some sort. The physician whom I called did not seem to understand the case, or, if he did, he

miserably failed in his selection of remedies ; for, instead of getting better, her maladies assumed a more dangerous and complicated form. She ceased to become a mother, and seemed to be beset by all those disorders which call so loudly for our sympathy and aid. Labor and exercise of any kind become too irksome to be borne, whilst headaches, indigestion, pains in the abdomen, great susceptibility to atmospheric changes, extreme irregularity in all the natural functions, bleedings, and other discharges, combined to depress her spirits and undermine her strength, until she is now but a wreck of her former self. . With this wearing away of the physical forces there is also a decay of the mental faculties still more distressing to witness. She has fever to a considerable degree, yet the absence of the hectic flush of the cheek, or cough, or other usual signs of consumption, leads me to indulge the belief that her disease is not consnmpion in any of its forms.

Physicians have repeatedly intimated consumption, spinal disease, or some ovarian complaint, and have, in turn, treated her for all these ; and yet, the same emaciation, loss of appetite, discharges of blood and serum, disinclination to effort of any kind, and repugnance to all society,

continues as at first. Were I not afraid to entertain the thought or pronounce the word, I should say that imbecility was the proper term to employ as descriptive of the condition to which she appears to be now fast tending. She makes less complaint than formerly, and manifests less solicitude for her restoration to health; and I fear there are grounds for this in the almost passive state to which she is reduced. I wish it were so that I could induce her to undergo the journey necessary to see you, but that is entirely out of the question. From what I have written can you form any just idea of her disease, and would you venture to take her case in hand? Could you do this, doctor, I should consider myself fortunate in having secured your services in her behalf. Enclosed please find a fee, which I trust will be satisfactory.

Your early reply will be awaited for with deep anxiety, and gratefully appreciated by

Most respectfully, your obt. serv.,

If the reader has perused this book with any degree of attention, and failed to recognize in the above description, by her husband, of Mrs. M.'s

case, a clear and decided case of self-abuse, then I cannot give him credit for ordinary penetration and acuteness.

I introduce this letter, and the case it describes, in order to show to the reader a peculiar characteristic of this propensity, not alone confined to females, but shared alike by both sexes. Here was a lady who had lived under the same roof, shared the same bed, and otherwise cohabited with an affectionate, confiding, and devoted husband for thirteen years; and yet, all this time, had been able to elude his watchfulness to that extent as to completely disarm suspicion itself; whilst he, hapless husband that he was, in the supposition that his wife was the victim of some deep-seated and occult disorder, far beyond the reach of ordinary skill, and, as it has been shown, not even thought of by the many doctors who had attended her, was about to surrender her to the grave, as past the possibility of cure, never dreamed that his wife was simply a masturbationist, and as such, as fit a subject for medical treatment as though she was simply affected by catarrh, or any other analogous disease. 'Tis true that she had inflicted serious and almost fatal injury upon herself; but she was not yet past hope of restora-

tion. The striking feature of the case is the cunning, secrecy, and deception resorted to by the subjects of this vice. Strange as may appear, the habit seems to sharpen all the faculties of concealment and duplicity, whilst it deadens and paralyzes every moral sentiment, and leads its votaries to deceive and to shun their best friends and most intimate associates. Even the prospects of relief are disregarded, and the kindest purposes of the physician defeated by a concealment and evasion rarely resorted to under any other circumstances. With this patient neither stratagem nor circumlocution would be available. My only course was to attack her with plainness of speech and directness of inquiry. With her husband's permission I wrote to her, stating, not my suspicions merely, but charging her directly with being addicted to solitary vices, and attributing all her maladies and sufferings to them alone. Whether she ever showed that letter to her husband, is more than I can say. But in a short time afterwards I received a letter directly from herself, begging me to prescribe for her, as she was "*satisfied that I understood her case, and would do for her better than anyone else.*"

Of course I immediately acceded to her re-

quest, and, carefully protecting myself against any surprises or duplicity on her part, I subjected her to a rigid and thorough course of treatment, both medicinal and hygienic, until, both from her own and her husband's statements, she had completely regained her former good health. Subsequently, on becoming personally acquainted with her, she informed me that, up to that moment, her husband had remained in entire ignorance of the true cause and nature of her complaints; and she thanked me over and over again, not only for the decided steps I had taken, but for the discreet, cautious, as well as successful manner in which I had treated her, and relieved her of all her troubles.

I might continue, with the materials in my possession, to illustrate by letters and testimonials without number, the great success which has ever attended that system of treatment which I have adopted in those cases usually denominated "delicate," and which forms so large a share of those which afflict mankind. Notwithstanding the country, and our large cities especially, is literally crowded by those who make large pretensions to extraordinary skill, and style themselves "doctors," whose only claim to that distinction is that they are

able to keep up a standing advertisement in some of our newspapers, but whose real attainments in medical science can be measured by an 0. I have felt that in the open, liberal, and faithful exercise of a specialty made honorable by such names as Abercrombie, Hunter, Bell, Riccord, Acton, and many others whose learned investigations and writings upon this subject have done so much to benefit mankind, I need not fear, nor shrink from being placed on any degree in the scale of "professional respectability," to which my professional brethern may choose to assign me. My tribunal is the PUBLIC AT LARGE, and by its judgment I am content to abide. It has been truly said that "nothing succeeds so well as success." Judged by that criterion I do not hesitate to compare myself with any of my compeers, certain as I am that, in point of numbers *cured*, I excell them all.

In conclusion, let me say that, although I do not consider this book by any means as an advertising medium, but solely what it claims to be, — THE GENTLEMAN'S MEDICAL ADVISER, — yet I believe my readers will concur with me in the strict propriety of calling attention to the great facilities I possess for the care and treatment of the sick at my extensive establishmen

No. 48 Howard Street, Boston, Mass. Secluded from general observation, in one of the pleasantest streets of the city, with easy access to all public conveyances, and in the immediate neighborhood of the chief objects of public interest, the Mall, the Common, the Public Garden, the Horticultural Rooms, the Museum, the Reservoir, and the State House, I claim for it advantages of location possessed by no other private establishment in the city. Good nursing, careful and faithful attendance, and medical treatment under my own immediate supervision, with all remedies directly from my own laboratory, will ensure to patients all that science, art, and skill can offer for their comfort and relief. *I prefer to confer orally with my patients, if possible.* But if that be impossible, or inconvenient, letters, plainly and distinctly written, stating the nature of the disease, the age and occupation of the patient, addressed to me, containing TWO DOLLARS, consultation fee, will be promptly attended to. In order to avoid any mistakes and delay, please address all letters as follows:— F. MORRILL, M. D.

No. 48 Howard Street,
Boston, Mass.

THE END.



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